

## STUDY SKILLS SUGGESTIONS

**Study 1 ½ to 2 hours per night.** Study for 20-30 minutes at a time, and then take a five minute break. During your break you should get up and walk around to wake up your body. Get a drink of water to stay hydrated and lessen your mental fatigue.

**Study in the dining room or kitchen.** Do not study in your room even if you leave the door open. Studying in a public area of your home will help you concentrate on your work.

**Read things two or three times.** The second time through, stop at the end of each paragraph/page and ask, “What’s important from this reading?” and “What test or quiz questions will my teacher ask me from what I just read?”

**After reading a paragraph,** write a sentence in your spiral describing what you just read. Continue this for each paragraph. Read these over as often as possible.

**Take good notes** in your classes and then read them over at home. Seriously, read the notes when you get home.

**Start studying for tests three or more days in advance.** There is a limit to how much you can expect to learn and memorize for a test when you’re “cramming” for a test the night before. Work like you have to take the test tomorrow, even though you are studying three days in advance for the test.

**Create your own tests and quizzes on paper.** Set them aside for at least two hours before you take them. (Spend time studying a different subject. Then take the test or quiz you made.)

**Use “tricks” to memorize and remember important items.** Mnemonic devices such as ROY G BIV can be very helpful. Just before going to bed, take 10 minutes to review anything you are trying to memorize.

**Make flash cards.** Put a question or word on the front. On the back, put the answer or definition. Carry them with you to review and study whenever you have a few minutes.

**Do not listen to the radio or have the TV on while doing your homework.** However, you may listen to a music cd softly if it is something you are familiar with.

**See your teachers for extra help before or after school.** Make an appointment with your teachers ahead of time to get the help you need.

**Write down your homework in an assignment notebook.** You may *think* you can remember what you have to do. Play it smart and write it down so you *know* what you have to do.

It takes 21 days to create a habit. If you study for 1 ½ -2 hours each night for 21 days, you will be in the habit of studying. You will do better in school if you follow these suggestions.